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Physical activity and depressive symptoms

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Stellingen behorende bij het proefschrift:

Physical activity and depressive symptoms

Is a healthy body necessary for a healthy mind?

1. The relationship between physical activity and depressive symptoms is bidirectional (this thesis, chapter II).
2. Physical activity does not prevent the onset of a major depressive disorder in adolescents from the general population (this thesis, chapter III).
3. Genetic factors assumed to independently influence depression and physical activity levels do not moderate the relationship between physical activity and depressive symptoms (this thesis, chapter IV).
4. Some individuals feel better after exercise, while others do not show this benefit or even feel worse after being physically active (this thesis, chapter VII).
5. The evidence for a causal relationship between physical activity and depression is unconvincing (this thesis).
6. Ignorance should act as our fuel in attaining deeper knowledge.
7. Knowledge should be serving man, and not man serving knowledge (paraphrased from F. Nietzsche in *Gay Science*).
8. Science is the belief in the ignorance of experts (R. Feynman, in *The Physics Teacher*, 1969, p. 313-320).
9. There are two principles in science: the first principle is that *you must not fool yourself*, and [the second that] *you are the easiest person to fool* (R. Feynman, in *Surely You 're Joking, Mr Feynman!*, 1985, p. 343).
10. The important lesson in science is to be even more critical of the ideas that align with our preconceptions than the ones that don't.
11. Not far from the invention of fire... we must rank the invention of *doubt* (T. Huxley, in *T.H. Huxley: Scientist, Humanist and Educator*, 1950, p.257).

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3 October 2014